

Island Fun Pasta Salad

Makes: 12 or 48 servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Pasta, whole grain, corkscrew		2 cups		8 cups
Romaine lettuce, shredded		1 cup		4 cups
Pineapple chunks, fresh or canned		1 cup		4 cups
Mango, peeled, sliced		1/2 cup		2 cups
Red Cabbage, Shredded		1/2 cup		2 cups
Onions, chopped		1/2 cup		2 cups
Yogurt, low-fat, plain or vanilla		1 cup		4 cups
Orange		1/2 orange		2 oranges

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	182	
Total Fat	1 g	
Protein	7 g	
Carbohydrates	39 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	33 mg	

Directions

1. Cook pasta as directed on package. Drain.
2. In a small bowl, combine yogurt and juice of the orange.
3. Combine lettuce, pasta, pineapple, mango, cabbage and onion in large bowl.
4. Pour dressing over. Mix until all parts are coated.

Notes

Serving Tips:

This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.